

PST/INTERVIEWS FOR ICELAND

PST Time and Location are scheduled by the [PST coordinator](#) , your request will be processed with other candidates in your geographic location.

NOTE: YOU WILL NOT BE SCHEDULE FOR THE PST UNTIL YOU HAVE BEEN CLEARED BY BUD/S MEDICAL. [STEP-BY-STEP GUIDELINES](#)

***BUD/S / SWCC DROPS MUST WAIT A MINIMUM OF 18 MONTHS BEFORE REAPPLYING FOR THE TRAINING**

GEAR LIST

Candidates are required to arrive 15 minutes early with the items listed below:

The original approved special request chit
Service and Medical Record
Military identification card
T-shirt, dungarees or cammies, and boots for SEAL candidates
T-shirt, shorts, and running shoes for SWCC candidates
Swimsuit and towel
Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, IAW MILPERSMAN 1220-150.
Interview requirement items:

- (1) Uniform of the day
- (2) The original approved special request chit
- (3) Military ID
- (4) Service record
- (5) Medical record

NOTE:

Cancellations or rescheduling of a scheduled PST can be Requested via

Email: [PST Reschedule](#)

Or Mail to: PSTcoordinator@navsoc.navy.mil